



2016 NFHS TRACK AND FIELD AND CROSS COUNTRY RULES INTERPRETATIONS

Publisher's Note: The National Federation of State High School Associations is the only source of official high school interpretations. They do not set aside nor modify any rule. They are made and published by the NFHS in response to situations presented.

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Corrections to Rules Book: Page 19, 3-10-7... "foul" ~~may~~ shall be called; Page 23, 4-3-1(b) and (c) Page 71 9-6-1(b) and (c) NOTE ~~Only one American flag and/or commemorative patch may be displayed on the uniform (one or two piece)~~ Page 48, 6-6-3 Figure 7 8; Page 51, The table on pg. 52 goes with Rule 7-2-1; Page 62, 7-5-27e (See 7-2-12 1); Page 65, ~~would be required~~ or directional signposts may be used.

Corrections to Case Book and Manual: Page 77, SITUATION 7.4.14(b) while exiting the pit, with the bar visibly steady, catches her foot...

Corrections to PowerPoint: Definitions for Jumping Events Rules 7-1-1, Note thru 7, "Vertical events include the high jump and ~~long jumps~~ pole vault."

SITUATION 1: Prior to the start of the meet, the meet referee is reviewing key responsibilities with the officials. The meet referee reminds the head starter that this year it is his/her responsibility to check the starting blocks and not a responsibility of the implement inspector. In the event a set is impounded, the host school has two extra sets as backup if needed. **RULING:** Correct procedure. **COMMENT:** Although the rule does not require extra blocks to be provided by the host school, this is but one method to have legal equipment readily available to allow the meet to progress smoothly. (3-6-4)

SITUATION 2: A relay team shows up wearing an American flag on the back of the uniform singlet as well as on the top, back portion of the uniform short. Each flag occupies a space no larger

than 2 x 3 inches. **RULING:** Uniform is compliant. (4-3-1 and 9-6-1)

SITUATION 3: The cross country coaches, in celebration of their 25th year of the sport in their school, design a patch to be worn on the uniform singlet. The athletic administrator reminds the coaches that the school must request authorization from the state association to place the commemorative patch on the uniform, unlike the American flag which can be placed on the uniform without state association authorization. **RULING:** Correct procedure. (4-3-1 and 9-6-1)

SITUATION 4: The state association has indicated that, during the regular season, schools may have the field event judges use flags or may choose to have the event judges indicate the result of the field event performance by verbal indication of "fair" or "foul." The head field event judge for the discus wants to use the verbal "Mark." **RULING:** Rule 3-10-7 indicates flags or verbal indication of "fair" or "foul" may be used. The use of "Mark" is no longer considered the appropriate mechanic to indicate the result of the performance. **COMMENT:** The rules are no longer promoting the use of "Mark." Flags are the preferred method with "fair" or "foul" as the preferred indicator. "Mark" could be used at the direction of the state association but is not the preferred method. (3-10-7)

SITUATION 5: The event judge in the discus raises the white flag immediately after the implement lands in the throwing sector but does not wait to observe the direction of the competitor exiting the throwing circle, which

in this case was out of the front half of the circle. **RULING:** Incorrect procedure. **COMMENT:** The flag is not raised or for verbal indications not called out until the judge is certain of the outcome of the actions of the competitor for the throw or jump and all requirements at the ring, arc or jump area and sector are met. (3-10-7)

SITUATION 6: The cross country course at School A utilizes signposts with large directional arrows to indicate where the course turns. The signposts are approximately 6 feet above the ground so they can be clearly seen. The coach from School B objects as he/she believes only directional flags may be used. **RULING:** Denied as the course shall be marked with wide lines, signposts or flags. **COMMENT:** The boundary lines may be both inside and outside or also marked with natural or artificial boundary markers. The direction for course turns may be indicated by several means with flags being just one of such methods. (9-1-1, 9-1-3b)